

Red Cross to New Swim Lesson Program

Parent/Tot => Guppies

Preschool 1 => Starfish

Preschool 2, Beginning Level 1 => Jellyfish

Preschool 3, Beginning Level 2 => Seahorses

Beginning Level 3 => Sea Rays

Advanced Level 4 => Swordfish

Advanced Level 5 => Sharks

- **Guppies (6 months-4 years, Parent/Toddler)**
 - No experience necessary
- **Starfish (ages 3-4)**
 - Child has limited or no water experience
- **Jellyfish (ages 3-5)**
 - Child is able to perform all listed:
 - submerge to mouth and blow bubbles
 - float on front/back (w/ assistance) and recover to standing position.
- **Seahorses (ages 4-6)**
 - Child is able to perform all listed:
 - submerge completely w/out assistance
 - jump into water over head without assistance
 - knows arm and leg actions for freestyle, backstroke, and elementary backstroke.
- **Sea Rays (ages 5-8)**
 - Child is able to perform all listed:
 - glide on front/back 2 body lengths
 - perform freestyle w/ side breathing, backstroke, and elementary backstroke for 2 body lengths w/out assistance
 - float on front/back for 5 seconds w/out assistance.
- **Swordfish (5-12)**
 - Child is able to perform all listed:
 - swim 15 yards freestyle w/ side breathing, backstroke, and elementary backstroke
 - float on front/back for 15 seconds
 - tread water for 1 minute.
- **Sharks (5-12)**
 - Child is able to perform all listed:
 - swim 25 yards freestyle w/ side breathing, backstroke, elementary backstroke
 - swim 15 yards breaststroke
 - tread water for 2 minutes
 - float on front/back for 30 seconds.